

ABSTRACT OF THE DISCLOSURE

An exercise apparatus with a single resistant rod configured to provide resistance for use in exercise and an electronic weight selector mechanism for use with a resistance rod having a variable resistance system and an electronic weight selector control. The variable resistance system includes a cable and pulley system that compounds the force exerted by the user on the cable and pulley system allowing the user a greater extension length per unit length the resistance rod is displaced. The variable resistance system includes a lever arm having an adjustable effective length to change the amount of resistance by changing the mechanical advantage provided by the lever arm. The electronic weight selector control including program exercise routines which assist the user in exercise by providing desired patterns, amounts of resistance, numbers of sets and repetitions, and combinations of exercises to be performed.

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